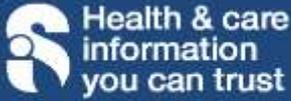


The Royal Eye Infirmary – Cataract Service Patient Information



The Information Standard 

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Information for patients following cataract surgery

An appointment will be sent to you in weeks

or

No follow up is required.

Please see your usual ophthalmic opticians 6 weeks after surgery for an eyesight check.

Following a cataract operation:

- We suggest you go home and take things easy for the rest of the day
- You will have one eye covered with a plastic eye shield. Start your prescribed eye drops at bed time
- Please wear your eye shield each night for the next 2 weeks
- Please then bathe the eyelids with cooled boiled water and clean cotton wool daily
- Make sure you wash your hands before and after administering your eyedrops
- If you normally use eye drops for glaucoma, please continue these but start a fresh bottle. Please leave 5 minutes between drops
- It is common for some eye drops to burn or sting on installation. However, if your discomfort seems to be worsening please contact the eye department

What is normal for the next few days?

- Your eye may feel sore or tender
- You may feel as if there is something in your eye like a lash or piece of grit
- You may have a slight headache
- The white of your eye may look red. This may last for up to 2 weeks.
- The eyelids may be puffy or bruised
- The eye may be watery and have some mucus in the corner
- You may experience a flickering sensation
- You may find lights very bright
- You may experience double vision in the first 24 hours
- The pupil of the eye may remain dilated for 1-2 days
- You may be aware that the vision is not balanced
- You may be aware of floaters

All of these things should gradually improve, **nothing should get worse**. If you are at all worried about your eye, you should phone the Eye Department immediately.

What is not normal after a cataract operation?

- Pain in or around the eye or a throbbing ache not eased by simple painkillers such as Paracetamol
- If your eye is sticky with yellow discharge
- If the eye becomes increasingly red
- If the eye is feeling gritty and this is getting worse
- If your eyesight gradually becomes more blurred or there is a loss of vision
- If you cannot tolerate bright light and this is getting worse
- Feeling sick in the first 24 hours after the operation

If you have any of these problems please ring the Eye Department or attend the Emergency Department out-of-hours.

You should have enough drops to last you a month. You can get a repeat prescription from your GP. Occasionally people are allergic to the drops. If your eye becomes red, waters a lot or the eyelids swell after you have started using the drops, please ring the Eye Department for advice.

General guidelines following a cataract operation:

- Try not to rub or knock the eye
- Be careful not to get anything dirty or dusty in the eye
- You may shower after 24 hours, but avoid getting anything in the eye that may irritate it such as shampoo or soap
- You may use eye make up with care 4 weeks after the operation
- Most people find that their distance vision improves after surgery. You may prefer to buy an off the shelf pair of reading glasses until you make your visit to the optician
- As long as you meet the DVLA driving eyesight requirements i.e. to be able to read a number plate at a distance of 20.5 metres, you should be able to drive. You must check with the doctor in the post-operative clinic if you are fit to drive.

Contact telephone numbers:

For advice ring the direct line to the eye nurses:

- **The Royal Eye Infirmary**
01305 255192 (9am – 5pm)
- **Dorchester Emergency Department**
01305 255541 (out-of-Hours, weekends and bank holidays)